



USAREC

Exceptional Family Member Program Newsletter



1ST QUARTER 2014

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Please do not hesitate to call or email us at any time for assistance needed with your Exceptional Family Member.

1st Brigade, 2nd Brigade and MRB contact:
Dwight Wiggins
Please call 502-626-1080 or email
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3rd Brigade, 5th Brigade and 6th Brigade contact:
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PCSing? Pointers for Families of Individuals with Disabilities

Before you leave:

1. Appropriate assignment?

Be sure that the duty station to which you have been assigned is equipped to deal with your child's special needs. Do your own checking to see what is and what is not available there.

2. Contact the receiving Soldier and Family Assistance Program Manager and EFMP Systems Navigator to let them know you will be arriving and what your needs may be. They may be able to provide you with some contacts or information to help you in your transition.

3. Laws and regulations:

For local Schools contact your receiving State's Parent Training and Information Center for a copy of the Federal and State regulations regarding education. They may also be able to provide you with information on state resources such as Medicaid/SSI etc.

4. Contacts:

Obtain all the contact numbers you will need on arrival at your new location. Unfortunately, you must have arrived at the duty station in order to apply for many things. This means adding these contacts to the huge list of things to do within the first few days at your new duty station.

5. Medical and Educational Records:

Be sure that your documentation is in order and update your home file. Include all relevant documentation. Here are some ideas:

- ___ Birth certificate
- ___ Immunization records
- ___ Social Security Number
- ___ Medical records
- ___ Pictures
- ___ School records
- ___ Samples of child's work and other accomplishments
- ___ Communication logs/correspondence
- ___ Non-academic activities the child is involved in
- ___ Videos of child in home and school setting
- ___ Anything that provides an accurate description of your child

Remember:

- A. Hand carry these records to your next duty station.
- b. If going overseas, make an additional copy, which you can send to your home of record for safekeeping.
- c. For some children, moving can impact their performance and interaction at school. These records should include anything that may provide an accurate reflection of their abilities.

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Tips to Keeping Children Safe This Summer

- When driving, be attentive to the presence of children in parking lots, on the streets, in driveways, etc.
- Never leave children unattended in cars, shopping areas, pools and/or other bodies of water, etc.
- Supervise children during water-related activities and ensure life jackets are used during recreational boating (teaching your child to swim is the best defense).
- Monitor children during outdoor play to ensure hydration and use sunscreen to protect from the sun's UV rays. Use insect repellent when needed.
- Wear helmets and protective gear when bike riding, skating, skateboarding, etc.
- Keep an eye on children during backyard barbeques to prevent burn injuries.
- Teach your children that fireworks are pretty to look at but dangerous to touch.
- Know where your older children/ teenagers are going and who they are with. Have a means to contact them and vice-versa.
- Store medications, poisonous items, flammable materials and potentially harmful items properly. Keep out of children's reach.
- Teach your children about the dangers of fire and make sure they know what to do should a fire occur in the home.
- Teach your children about stranger danger.
- Make sure children know how to call for help in case of an emergency.

Article Source: http://pineapplenewspaper.com/tips-to-keeping-children-safe-this-summer/17878?utm_source=rss&utm_medium=rss&utm_campaign=tips-to-keeping-children-safe-this-summer

Cont'd PCSing

Sun Safety Tips:

1. Limit outdoor playtime between 10a.m. and 4p.m.
2. Apply sunscreen properly.
3. Cover up.
4. Keep watch on medications.
5. Set a good example for your kids.

6. Supplies:

If your child is on medication and/or requires regular medical supplies/ equipment please ensure you have a good supply to take when you leave. It may take some time to even obtain a new prescription. Take at least one months supply of everything in addition to what you will require while enroute and/or on leave before arriving at the new duty station.

7. Medicaid and SSI:

Eligibility for both Medicaid and SSI varies from state to state. Leaving a state eligible for both does not guarantee eligibility for either in the new state. Similarly, non-eligibility in one state does not mean there is no way for you to become eligible in a new state. Please be aware that eligibility does not carry over from state to state and you must reapply in your new state.

On arrival at your new duty station:

1. Once you have established where you will be living, go to your local school to enroll your child. Take their shot records and a COPY of their current IEP to include in enrollment information. Find out who the Director of Special Education is for your district for future ref-

erence.

2. Call DDD/DMRDD/DMH to let them know you have arrived in the area and to ask what is available.

3. Call SSI/Medicaid office to set up an appointment and/you need to do to apply. or to find out what

4. After enrolling with TRICARE at the new installation, make an appointment for your child with Pediatrics. They can then give you the referral you need for a developmental pediatrician or any other specialty you may require. It is really important that you do this as soon as possible. Just getting an appointment in a regular pediatric clinic can take some considerable time, to get a specialty appointment may take much longer...by the time you see a doctor who can make a referral for evaluations for your TRICARE therapies and wait on a provider waiting list, you could be looking at a several month wait for therapies. You can speed this process up by making those early calls, following up paperwork and asking to take cancellations at the last minute wherever possible.

Article Source: <http://www.stompproject.org/download/materials/PCSing.pdf>

Kids Corner

10 Summer Activities for Kids!

- Backyard Water Park
- Go for Hike
- Dance in the Rain
- Make a Fort
- Game Night
- Make a Masterpiece with Recycled Art
- Make a Meal Together
- Swimming
- Spend a Day at the Beach
- Use your Imagination with some Story telling

Now That's Funny!

Q: What does the sun drink out of?

A: Sunglasses.

Q: What do frogs like to drink on a hot summer day?

A: Croak-o-cola.

Q: Why do bananas use sunscreen?

A: Because they peel.



Resources

- **STOMP** (Specialized Training of Military Parents) is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. <http://www.stompproject.org/default.asp>
- The USAREC Soldier and Family Programs support Soldiers and Families assigned to USAREC <http://www.usarec.army.mil/hq/HRD/SFA/index.shtml>



- AbilityPath.org is an online hub and special needs community for parents and professionals to learn, connect and live a more balanced life - through all phases of a child's growth and development. The website combines social networking features with expert content from AbilityPath.org's team of educators, parents, therapists and medical professionals. <http://www.abilitypath.org/>